



# Swain County

## 2011 State of the County Health Report

### Quick Facts

- **13,981 approximate Total Population** (US Census)
- **American Indian population 27%.** (US census)
- **Per Capita Income averaged, \$18,742, NC \$25,447**
- **26.6 % of our Children are Living in Poverty / NC 22%**
- **69.8 % of our school children are eligible for Free or Reduced Lunch.** (2011 Swain County Schools Nutrition)
- **2010 Unemployment Rate in Swain County 18.1% / NC 10.9**
- **>38% of our Elementary School Students are in the Obese Category or At- Risk Category.**
- **2010 Average SAT Score 960** ([www.datacenter.kidscount](http://www.datacenter.kidscount))
- **Teen Pregnancy Rate highest in WNC** (2009datacenter.kidscount)
- **50.9% agreed that Drugs are a Problem at school**
- **63.9% reported seeing students Bullied at School.** (pride survey)

**Swain County Health Department and Swain County Partnership for Health** is pleased to present the 2011 State of the County Health Report (SOTCH). The SOTCH serves as a supplement to the 2009 Swain County Community Health Assessment (CHA) by providing updated health indicator data.

The SOTCH can be used in establishing priorities, leveraging current resources, and/or developing additional resources such as grants and partnerships, to address health needs in Swain County.

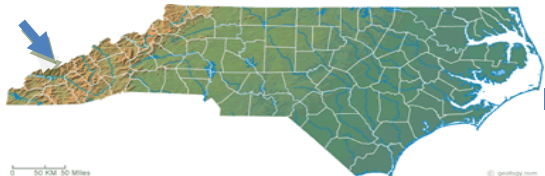
The purpose of the SOTCH report is to provide the most current information on the health status of the county, related to illness, death, and high-risk behaviors for that particular year, as well as the progress made during the last year in regard to the priority health issues identified during the 2009 Community Health Assessment (CHA). **Health concerns** identified to focus on in the 2009 CHA were:

#### Community Obesity and Risky Behaviors in Youth

These were identified through study of primary and secondary data from the CHA done in 2009. Surveys and listening session were completed throughout the county and the results identified these areas as major health concerns.

These health concerns are current, and have not changed dramatically since the 2009 CHA was completed. What has changed is the community's focus on these areas. It takes time to see change, but with combined community efforts we are beginning to see steps in the positive direction.

Data is presented for the most current year or time period available for Swain County compared with aggregate data for North Carolina. The health indicators were chosen not only because of their importance, but also because of data consistency and validity.



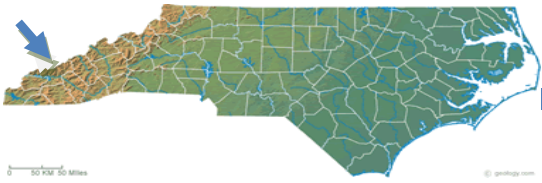
## Major Mortality Data

2005 – 2009 Ten Leading Causes of Death Swain County and North Carolina			Swain Co. # of DEATHS	DEATH RATE	NC # of Deaths	NC Death Rate
AGE GROUP:	RANK	CAUSE OF DEATH:	898	1296.8	378,603	837.2
<b><u>TOTAL - ALL AGES</u></b>	0	TOTAL DEATHS --- ALL CAUSES				
	1	<b><i>Diseases of the heart</i></b>	217	313.4	86,920	192.2
	2	<b>Cancer - All Sites</b>	169	244.1	86,246	190.7
	3	Chronic lower respiratory diseases	56	80.9	21,228	46.9
	4	Cerebrovascular disease	49	70.8	22,600	50.0
	5	Other Unintentional injuries	37	53.4	12,896	28.5
	6	Alzheimer's disease	35	50.5	12,386	27.4
	7	Diabetes mellitus	32	46.2	10,906	24.1
	8	Pneumonia & influenza	29	41.9	8,632	19.1
	9	Chronic liver disease & cirrhosis	27	39.0	4,356	9.6
	10	Nephritis, nephrotic syndrome, & nephrosis	23	33.2	8,449	18.7

<b><u>00-19 YEARS</u></b>	0	<b>TOTAL DEATHS Swain Co. --- ALL CAUSES</b>	10	54.3
	1	<b>Conditions originating in the perinatal period</b>	2	10.9
		<b>Homicide</b>	2	10.9
	3	Diseases of the heart	1	5.4
		Acute bronchitis & bronchiolitis	1	5.4
		Congenital anomalies (birth defects)	1	5.4
		Suicide	1	5.4
		Other Unintentional injuries	1	5.4
		SIDS	1	5.4

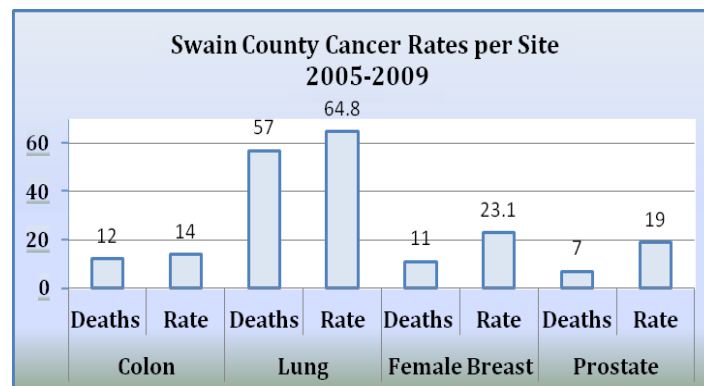
2005 – 2009 Ten Leading Causes of Death by County of Residence and Age Group Ranking, Number of Deaths, and Unadjusted Death Rates per 100,000 population State Center for health Statistics

## REVIEW OF HEALTH CONCERNS



As you can see **Heart Disease** is the leading cause of death followed by **cancer in Swain County**. The American Indian population has a higher rate of diabetes overall, not just in Swain County. Swain County residents are affected by chronic disease and conditions that compromise their quality of life and well-being. Heart disease and cancer continue to be leading causes of death in our county. In addition, obesity and obesity related chronic diseases such as diabetes continue to rise at alarming rates. Healthy eating and physical activity are critical to achieve optimal health. Many have diets that are too high in calories and too low in fruits, vegetables and whole grains.

Cancer, heart disease, stroke, and chronic lung disease are the leading causes of death in North Carolina. Chronic diseases account for 60 percent of all deaths in the state. There have been dramatic increases in diabetes and obesity in the past decade; these conditions exacerbate many other health problems. In 2009, 35 percent of adult North Carolinians were overweight and another 30 percent were obese.



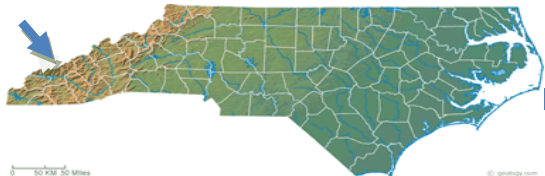
## CHANGES IN DATA

Below is the Swain County Health Ranking for 2011. This data is not very positive for our county, while the data is not all calculated from Swain County but the entire Western region, we feel the need to promote healthy lifestyles with urgency.

Health factors in the *County Health Rankings* represent what influences the health of a county

- Health Outcomes--rankings are based on an equal weighting of one length of life (mortality) measure and four quality of life (morbidity) measures.
- Health Factors--rankings are based on weighted scores of four types of factors:
  - Health behaviors (6 measures)
  - Clinical care (5 measures)
  - Social and economic (7 measures)
  - Physical environment (4 measures)

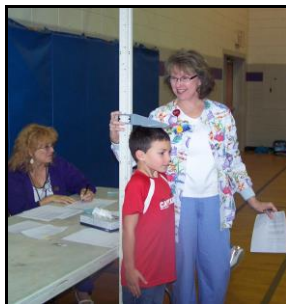
<http://www.countyhealthrankings.org/>



<b>SWAIN COUNTY</b>	<b>RANK (of 100)</b>	<b>SWAIN COUNTY</b>	<b>RANK (of 100)</b>
	90	Clinical Care	99
<b>Mortality</b>	99	Diabetic Screening	43%
<b>Morbidity</b>	62	Social & Economic Factors	62
<b>Health Factors</b>	92	Physical Environment	7
<b>Adult Obesity</b>	32%	Access to Healthy Foods	67%

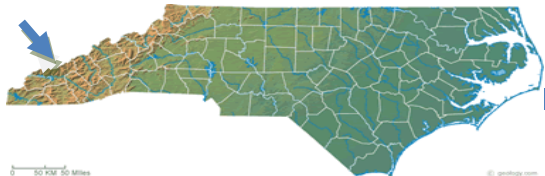
[www.countyhealthrankings.org/](http://www.countyhealthrankings.org/)

## PROGRESS AND EVENTS FOR THE LAST YEAR



Swain County Schools and Swain County Health Department have partnered to work on Youth Risky Behaviors and Obesity. Above are pictures from Nutritional Education given by Swain County Schools' nutritionist and Swain Health Department Nutritionist. Fun activities were introduced, to promote physical activity. Height and weights were documented at the elementary schools.





## **Community Obesity**

### **Obesity Girls on the Run (GOTR)**

GOTR is a curriculum-based, life-enhancing, prevention program serving girls in the 3rd through 8th grades. Their mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. GOTR combines training for a 5K (3.1 mile) running event with healthy living education. Their programs instill self-esteem through health education, life skills development, mentoring relationships, and physical training – all of which are accomplished through an active collaboration with girls and their parents, schools, volunteers, staff and the community.

Within a two year period, Swain Health Department and Cherokee Choices have effectively provided 10 GOTR programs in schools located in Swain County. During that time we have reached 120 girls.

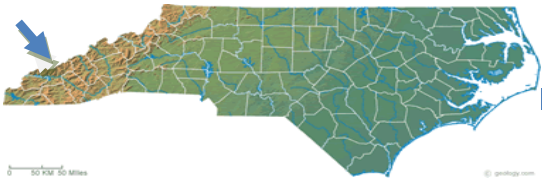
### **JusBoyz Running**

JussBoyz Running program for boys started at the request of boys at both Cherokee Elementary & Swain East Elementary schools. Program started September 2011; we have successfully recruited 24 participants in 3<sup>rd</sup> – 5<sup>th</sup> grade, and have a waiting list for next semester. The goal of the program is to give boys the opportunity to run, train them to safely run a 5K, and inspire them to be physically active life-long. The program ends with a community 5K race in which all the boys will register and run alongside a running buddy from Cherokee Runners group.

A close collaboration with Swain County Health Department and Cherokee Choices was evidenced in the highest number of health needs assessments that were completed by members of the Eastern Band of Cherokee (EBCI). The Swain County Health Department was able to utilize the email system to secure the assessments, having a significant number of EBCI member results. The results of the survey indicated that the Swain population ranked obesity, diabetes, and childhood obesity as the most prominent problems in Swain County.

### **Moving in the Mountains**

Moving in the Mountains was a week-long series of events that focus on fun forms of exercise for Swain County residents. Exercise activities included yoga, hiking, running and walking, biking, Tai Chi, Qi-Gong, judo, swimming, belly dancing, hooping, and sweat therapy. Seventy Swain County residents took advantage of the different activities that resulted in many learning about the health activities and services available to them in Swain County. All the surrounding activity providers donated their services and equipment to this event.



## Red Ribbon Week and Health Fair

In a joint community effort many educational presentation were made addressing risky behaviors including teen pregnancy, drug use awareness, and tobacco use.

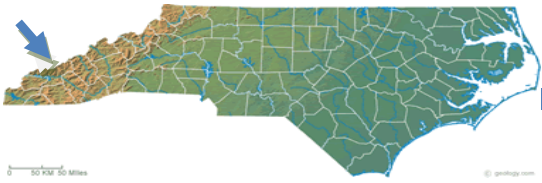


## Teen Institute

Swain youth from Swain Middle School, Swain High School, and Mountain Discovery School have participated in year-round leadership skills training, substance abuse prevention education. The mission is to empower teens to lead healthy lifestyles and create stronger communities through community focused prevention and leadership workshops. Our Vision is for every teenager to have the opportunity to discover the full capacity of their personal power and create healthier schools and communities.

## NEW PROGRAMS FOR THE COMING YEAR

**Prime for Life Curriculum** is an evidence based curriculum for youth and adult audiences to help them understand their risk for experiencing alcohol or drug problems throughout life. PRIME For Life can be taught as a prevention program for virtually any group. However, unlike many other drug or alcohol programs, PRIME For Life has been specifically designed for groups that typically make high-risk choices.



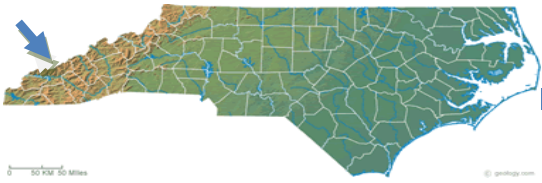
**Lifestyle Balance Classes** is a program to reduce the risk for diabetes by losing weight and increasing physical activity. Classes are interactive and appropriate for all ages.

**Grants Applied For: Community Focused Eliminating Health Disparities Initiative - FUNDING**

**AGENCY:** North Carolina Department of Health and Human Services, Division of Public Health

There have been no prominent changes that affect health the health status of Swain County in the prior year.

If you would like to get involved with ongoing efforts, in the pursuit of a healthier Swain County, please contact Swain County Health Department, Sara Peterson, at 828 488-3198 ext. 2027.



New or imerging issues effecting the health of citizens are the high unemployment rates and the downturn on the country's economy. We are seeing more people without health insurance, more hospital debt incurred, and mental health issues.

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*Swain county citizens wishing to be involved in the pursuit of addressing health issuses may contact Swain County Health Department, Sara Peterson at 828 488-3129 x 2027*



